Women Who Lift: Breaking Myths About Strength Training at Kahma Truganina

Strength Training Isn't Just for Men—And Here's Why

For years, strength training was regarded as an activity primarily for men. But now, more women are shattering that misconception—and enjoying serious payoffs from weightlifting. Whether fat loss, toning, muscle gain, or self-esteem is your intention, strength training is one of the best weapons in your arsenal.

At **Kahma 24/7 Gym Truganina**, we're proud to support women who want to train smarter, lift heavier, and move with confidence—no matter their fitness level.

Myth—Lifting Weights Makes Women Bulky

Finally, let's put this myth to rest forever—lifting weights doesn't make you bulky automatically. Women have lower levels of testosterone than men; it is far more difficult to simply bulk without engaging in a particularly high-calorie diet combined with extreme hypertrophy training.

What strength training actually does:

- Increases lean muscle tone
- Speeds up metabolism
- Reduces body fat
- Improves body composition

Most women who start lifting notice that they look leaner, stronger, and more toned—not bulky.

Myth—Women Should Stick to Cardio

Cardio is amazing for cardiovascular health but relying on cardio alone can lead to loss of muscle or plateaus in fat loss. Strength training builds functional strength that is essential in many aspects of life, from carrying groceries to injury avoidance.

At Kahma Truganina, our **functional personal training** for women incorporates movements like squats, kettlebell swings, and resistance exercises that train your entire body to move better, not just look better.

Functional Training for Real-World Strength

Many women who come to our gym aren't looking to "get shredded"—they "want to feel stronger, move better, and avoid pain or stiffness. That's where functional personal training comes in.

Our female-focused sessions at Kahma include:

- Full-body compound lifts (like deadlifts and presses)
- Core and mobility work
- Real-life movement patterns to reduce injury risk
- Safe progressions based on fitness level

Whether you're new to strength training or looking to level up, our trainers design personalized programs tailored to you.

A Supportive, Safe Environment for Women

Joining a gym can feel intimidating—especially in the weights section. But at Kahma Truganina, we're changing that.

Here's how we create an empowering space for women:

- Friendly and experienced female trainers
- Women's group classes, including functional circuits and HIIT
- Guidance on form, safety, and technique
- No judgment—just support, community, and progress

Why Kahma Is the Best Gym in Truganina for Women Who Want to Lift

If you're searching for the **best gym in Truganina** for strength training, Kahma checks all the boxes:

✅ 24/7 access—train on your own schedule

✅ No joining fee, no hidden costs.

✅ Free group fitness classes

✅ Functional training equipment

✅ Evolt 360 body composition scans

✅ Sauna access included

Strong Women, Strong Community

Weightlifting isn't about the muscles—it's about attitude, belief in oneself, and developing the strength to take on life. Kahma 24/7 Gym Truganina honors women who decide to lift, challenge what's possible, and dispel outdated fitness myths.

If you're ready to find out what your body can really do, we welcome you to join our community of powerful women.

Book Your Free Strength Consultation Today

👉 Visit kahma247truganina.com.au to claim your free trial or tour the gym.

Let’s lift, grow, and redefine fitness—together.